On Letting Go

Consciousness, Attachment, and the Quiet Doorway

A Note to the Reader

This is not a religion.
It is not a doctrine, a commandment, or a claim of final truth.

This text is an **invitation** — to think, to feel, and to look inward with honesty.

Everything here sits at the crossroads of **psychology, neuroscience, spirituality, and lived experience**. Some ideas are grounded in science, some in philosophy, some in direct subjective experience. None of them ask for blind belief.

Hold this lightly. Let it breathe. Keep what resonates, leave what doesn't.

Part I — Consciousness and the Weight We Carry

The Felt Truth of Attachment

Human consciousness is not neutral. It is *weighted*.

We carry: - worry about survival and money - regret about the past - fear of loss - craving for pleasure, validation, identity - stories about who we are supposed to be

These are not moral failures. They are **attachments** — and attachments pull consciousness inward, narrowing it.

Psychologically, this shows up as anxiety, rumination, compulsive thought. Spiritually, it shows up as suffering.

Not because life is cruel — but because clinging creates tension.

> Fulfilment is not the addition of meaning.
> It is the subtraction of unnecessary weight.

Part II — Thresholds and Altered States

Why Certain Experiences Feel "More Real Than Real"

There are moments when the ordinary structure of consciousness loosens: - deep meditation - near-death experiences - intense dreams - psychedelic states (especially DMT)

In these moments, the usual boundary between *self* and *world* softens.

Neuroscience shows that substances like DMT strongly disrupt the **default mode network** — the system responsible for maintaining identity, narrative, and self-reference.

When this system quiets, experience is no longer filtered through the story of “me.”

What arises instead is **raw presence**.

That is why these states feel *revealed* rather than imagined.

Part III — DMT, the Brain, and the Sense of Presence

What Science Can Say

- DMT exists naturally in the human body in extremely small amounts.
- The brain contains the enzymes needed to produce it.
- Externally introduced DMT can produce intense experiences of presence, intelligence, and contact.

Science cannot yet say *why* these experiences are so structured, relational, and consistent across people.

What Experience Suggests

People often report: - entities with agency - mutual awareness - communication beyond language - a sense of entering a domain that exists independently

Whether these are external beings, internal archetypes, or structures of consciousness itself remains unresolved.

But one thing is clear:

> The brain is capable of perceiving **modes of reality** that feel fully authentic and meaningful.

Part IV — The Pineal Gland and the Idea of the Doorway

The pineal gland has long been associated with transitions: - light to dark - waking to sleep - conscious to unconscious

Symbolically, it represents a **threshold**, not a generator.

Whether or not it releases trace amounts of DMT at birth or death is less important than the deeper idea:

> Consciousness has doorways.

Birth and death are the largest of these.

Part V — Death, Readiness, and Letting Go

In this framework, death is not a punishment or reward.

It is a **transition of state**.

The question is not *where* consciousness goes, but *how it is oriented*.

If consciousness is tangled in: - fear - regret - craving - vanity - unresolved identity

...it resists release.

If consciousness is settled — unburdened, accepting, peaceful — it opens.

This aligns closely with Buddhist thought:

> Suffering persists where attachment persists.

Reincarnation, in this sense, is not a sentence — it is **unfinished movement**.

Part VI — Buddhism and the Convergence of Insight

Buddhism does not ask for belief in metaphysics first.

It begins with observation: - desire leads to dissatisfaction - clinging leads to suffering - letting go leads to freedom

Enlightenment is not becoming something new.

It is **remembering how to stop holding**.

Part VII — Fulfilment as a Psychological Practice

From a psychological perspective, fulfilment emerges when: - identity loosens - rumination quiets - values align with action - awareness replaces compulsion

Peace is not constant pleasure.

Peace is **non-resistance to experience**.

Part VIII — A Practical Path (In Theory)

This is not a method. It is a direction.

1. Learn to Notice Attachment

Ask regularly: - What am I gripping? - What am I afraid to lose? - What story am I protecting?

Awareness precedes release.

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2. Practice Letting Go in Small Ways

Let go of: - needing to be right - replaying conversations - chasing validation - judging your own thoughts

Each small release trains the nervous system for larger ones.

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3. Sit With Silence

Silence reveals what noise hides.

Even a few minutes of stillness daily teaches consciousness how to rest without stimulation.

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4. Accept Uncertainty

The need to *know* is itself an attachment.

Wisdom tolerates mystery.

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5. Live as If Letting Go Matters Now

You do not prepare for death at death.

You prepare by how you live.

Part IX — Mantras for Grounding

Use these not as spells, but as reminders:

> “I am allowed to let go.”
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> “Peace comes from release, not control.”

> “I do not need to understand everything to be at ease.”
>
> “This moment is enough.”
>
> “I loosen my grip.”

Closing Reflection

Whether consciousness survives death, returns, dissolves, or transforms is unknown.

What *is* known is this:

> A life spent clinging feels heavy.
> A life spent releasing feels free.

If there is another realm, peace may open its door. If there is not, peace still makes this life whole.

That is enough.

This text is not an answer.
It is a doorway.